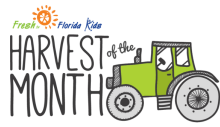


Florida Strawberries



TASTE TESTING IN THE CLASS

- Ask students about the shape, texture, size and color of the strawberries!
- Notice how the seeds are located on the outside of the fruit and how this differs from other fruits.
- Take pictures and share in your school newsletter to enhance later discussion on nutritional benefits of fresh fruits and vegetables.
- Visit Florida Farm to School online about produce safety in the class!

TASTE

AGRICULTURE & NUTRITION EDUCATION

- The strawberry was born in North and South America, traveled to Europe and finally returned in a very different form.
- A cup of strawberries provides more than the daily recommended allowance of vitamin C.
- Strawberries are low in sodium. One cup of whole berries has only 55 calories and is also a good source of dietary fiber.
- Strawberries are in season in Florida from December through April!

LEARN

SCHOOL GARDEN TIPS & TRICKS

- At least eight hours of sunlight is prime for growing strawberries!
- If you do not have a constantly sunny area then choose an area that is sunny in the morning and early afternoon for strawberries.
- Begin planting strawberries as early as September and November.
- Protect your strawberries from freeze damage by covering them with old sheets.
- Visit Florida Farm to School online for resources to start your own school garden!

GROW

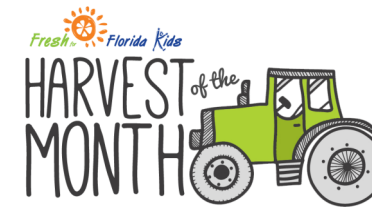
MORE BOOK SUGGESTIONS

The First Strawberries
Retold by Joseph Bruchac
Ages 4 and up

The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear
Written by Don and Audrey Wood
Ages 5 and up

READ

CLASSROOM GUIDE



Florida Strawberries



Dear Teacher,

Enclosed you will find the materials you will need to teach your students about Florida Farm to School's Harvest of the Month program for February 2015. We encourage you to talk to your students about trying nutritious meals at school and at home. This package will help you talk about Farm to School, nutrition and Florida agriculture in your classroom!

-The Florida Farm to School Team

GARDEN IN CLASS

BRINGING THE FARM INTO THE CLASSROOM!

Want to show your students how a strawberry is grown or a strawberry U-pick farm in their area? Use our provided garden activities as resources to use for your own school garden outside or visit the Fresh from Florida website to find a U-pick farm in your area! Visit www.FreshFromFlorida.com to find a local U-Pick to take your classroom on a field trip!



FEBRUARY 2015

FARM TO SCHOOL MATERIALS

- Correlated Lesson Plans with Worksheets to Standards
- Parent Newsletter with Living Healthy in Florida's at Home Recipe
- Florida Fresh Find Activity
- Florida Farm to School Garden Activity
- Florida Farm to School Garden Journal
- Bookmarks
- Stickers
- Class Poster

WWW.FRESHFROMFLORIDA.COM/FARMTOSCHOOL



FOR MORE INFORMATION OR FEEDBACK VISIT US ONLINE WWW.FRESHFROMFLORIDA.COM/FARMTOSCHOOL

Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner



Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner

LESSON PLANS 3-5



Vocabulary: percent, pie graph	Produce: Strawberries
Standard: MAFS.1.OA.3.5 Demonstrating fluency for addition and subtraction within 10.	Materials: pencil and paper
Teacher Background Information: Hillsborough County produces about 15 percent of the nation’s strawberries and virtually all the berries grown during the winter. The commodity has an economic impact on our community exceeding \$700 million. The 20 million flats produced each year, if placed end to end, would extend from Plant City to Seattle and back again.	
Students will: Solve the following equation: In 1884, Henry Plant extended the South Florida Railroad into Plant City. How many years have passed since then? 4th and 5th grade– If 15 % of the nation’s strawberries are grown in Hillsborough county what percent is grown elsewhere in the nation? 5th grade- Draw a pie graph to illustrate this problem.	
Closing: Have students write out solutions on the board	



Vocabulary: capital	Produce: Strawberry
Standard: LAFS.3.RI.3.7,LAFS.3.RI.4.10 SS.3.G.1.1, SS.3.G.2.3, SS.4.E.1.1, SS.5.G.1.4, SS.5.G.1.6	Materials: map, colored pencils, social studies worksheet
Teacher background information: Plant City, Florida became the “Winter Strawberry Capital of the World” over a hundred years ago, when Henry Plant decided to build a railroad to Tampa, FL. The railroad offered unique potential for local growers to market their winter strawberries to the entire east coast.	
Students: 20 million strawberry flats are produced in Hillsborough County each year, if placed end to end, they would extend from Plant City, FL to Seattle, WA and back again. Use the map below and draw the flats from Plant City to Seattle, Washington. How many states would this line travel through? List all of the states you would travel through from Hillsborough County to Seattle and back again and mark them on the map worksheet.	
Closing: Looking at the map, students will explain how they think the location of Hillsborough County helped it to become so popular for sending strawberries throughout the U.S. and the world including all forms of transportation.	



LESSON PLANS 3-5



Vocabulary: runner, propagation	Produce: Strawberry
Standard SC.3.L.14.1, SC.4.L.16.1, SC.5.N.1.1	Materials: Following items per student: older vine-ripened strawberry, cup of potting soil, paper plate, paper towel, Ziploc bag
Teacher will: Use strawberry seeds from a strawberry to germinate seeds. Background Information: Strawberries have over 200 seeds on the outside of a medium size strawberry. For this investigation it is better to use a strawberry that is not fresh but not mushy.	
Students will: Scrape off seeds from strawberries. Put them on a paper plate near a window to dry for 2-3 days. Scatter the dried seeds into a Ziploc bag with a moist paper towel. Keep near lighted area. Check on seeds every 3-7 days. Once germinated, use a tooth pick to prepare a hole to put the germinated seeds into a cup of soil. Gently cover the sprouts with soil and place near a window. Keep the soil moist.	
Closing: Students can describe the different steps to creating germinating seeds.	



Vocabulary: moral, luscious	Produce: Strawberries
Standard: LAFS.3.RL.1.2, LAFS.4.RL.1.2, LAFS.4.RI.3.8, LAFS.5.RL.1.2	Materials: <i>The First Strawberries</i> retold by Joseph Bruchac
Teacher will: Read and discuss the story <i>The First Strawberry</i> . Make sure the students are understanding the sequence. Have the students share the feelings of the woman and express a time when they have felt angry. Then have them explain what someone did to make them feel better.	
Students will: Students will retell the story <i>The First Strawberry</i> by creating a comic strip. The end frame will tell the moral of the story.	
Closing: Students can create their own story showing a time they were angry and how someone made them feel better.	

More free resources online from
Florida Farm to School!
www.FreshFromFlorida.com/farmtoschool
This institution is an equal opportunity provider.

